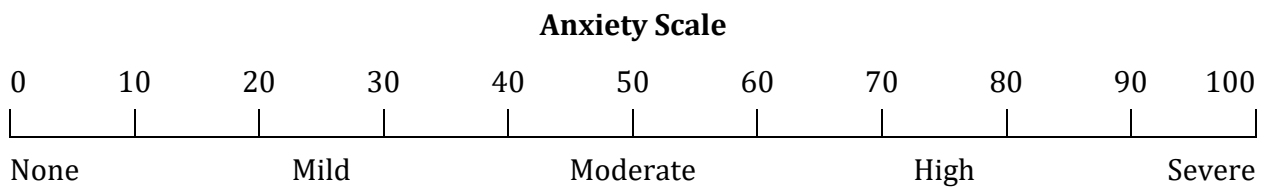


MONITORING MY PANIC ATTACK EXPERIENCES

Make copies of this form and answer the questions for each panic attack experience.



1. Using the 0 to 100 scale, what number would you use to rate the overall level of your anxiety during the panic attack? _____
2. What symptoms of panic did you experience? _____

3. Approximately how long did your panic attack last? _____
4. What problems or stressful events were you experiencing shortly *before* your panic attack? _____

5. What anxious or negative thoughts were you experiencing shortly *before* the panic attack? _____

6. How did your family members, friends, or others react *during* and *after* your panic attack? .

7. What strategies did you use to deal with your anxiety? _____

8. How did the strategies help in managing your anxiety? _____

9. What will you do differently, in the future, if you have another panic attack? _____
